



Always a lobby full of dancers at our parties.



Fresh fruit salad served at the Spring Kick off party.



Presentation By Lianne Harris: "All Things Italy"
Thursday, May 9
3:00 - 4:00 pm – V!VAplex

Mother's Day High Tea
Friday, May 10
3:00 - 4:00 pm – Perks! Café

Guest Presentation: Vaudeville, Burlesque & Freak Shows, Oh My!
Thursday, May 23
6:30 - 7:30 pm – V!VAplex

New Community Member Social
Monday, May 27
3:00 - 4:00 pm – Pints! Pub

Receive a cheque* for every friend you refer to V!VA Mississauga who moves in.

All they need to do is tell us who referred them. That's just our way of saying 'Thanks!' for helping someone else be Happier Here™, too!

*Conditions apply

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V!VA Mississauga – Happier Here™

V!VAvoice

YOUR V!VA COMMUNITY NEWSLETTER

May 2024



Happier Here™



All smiles at Aquafit.



Watching the solar eclipse... with eye protection of course.



Nothing like a full pub at happy hour.



Watching the solar eclipse.

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Queen Victoria & Her Holiday

Victoria Day is a Canadian tradition and doesn't actually exist in most of England. But it is celebrated in parts of Scotland, especially Edinburgh, where it remains an official holiday.

When Victoria was just a little girl, she was known by her nickname, Drina.

Despite being born in England, Victoria only spoke German up until the age of three.

She married Prince Albert in 1840, although they'd known each other since she was 16. And it really was a family affair. Prince Albert of Saxe-Coburg and Gotha was her first cousin and his father was her mother's brother!

Because she was Queen, she had to propose to Albert, and not vice versa.

She took over the throne in 1837, after the death of William IV. She was just 18 years old.

She became a grandma at 39 and a great grandmother twenty years later.

She was the first Queen of Canada, sitting on the throne when this country was founded in 1867.

She liked to drink a concoction called Vin Mariani. One of its main ingredients? Cocaine.

It's said it was Victoria who started the tradition of a bride wearing white. Before her wedding a woman would simply wear her best dress, no matter what colour it was.

SUDOKU FUN!

1				9	4	7		5
5	7	3	1		2			
	4			5	3	1		8
	8	1	5	6	7	3	4	
			8		1			7
	5	6	4		9			2
4	6						9	
	3		9	1			7	6
9				4				

1	4	2		9				5	
7			4					8	9
8		5						2	4
2					4	8			
	3				1	2	6		
	8			7	2	9	4	1	
	5		2		6				
	2	8			9	4	1		
	7	9	1		8	5	3		

Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

Reserve your spot for events and programs at Concierge.

May 2024

V!VA Mississauga



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <p>Brain Gym (BG) Craft Kitchen (CK) Family Den (FD) Lobby (L) Perks! Cafe (PC)</p>			<p>10:15 V!VAfit Fun (FD) 1 11:15 V!VAfit Sit (VS) 11:30 Lunch at Bobby's Hideaway \$ (L) 2:30 V!VAfit Sit - Strength Class (VS) 3:00 June Program & Outing Planning Meeting (VP) 3:30 Happy Hour (PP) 4:00 Trivia (FD) 6:30 Bingo (L)</p>	<p>2 10:00 Longo's & Shoppers Drug Mart \$ (L) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit & Stand (VS) 2:30 V!VAfit Sit (VS) 3:00 V!VAfit - Fun Swim (P) 3:00 Shuffleboard Tournament - Final (PP) 4:15 Baking & Brain Games (FD) 7:00 Cards Club (PP)</p>	<p>3 9:15 Poetry Corner (FD) 10:15 V!VAfit Fun (FD) 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Strength Class (VS) 2:30 V!VAfit Aquafit (P) 3:00 St. Josephine's Parish - In Person - Catholic Mass (VP) 3:00 Armchair Travel: Italy's Riviera (FD) 3:00 Armchair Travel: Italy's Riviera (VP) 7:00 Cinco De Mayo Party (PC) 7:00 Documentary Night: Harry & Meghan - Part 5 (VP)</p>	<p>4 10:15 V!VAfit Fun (FD) 10:30 Anglican Church Service (988) 11:15 V!VAfit Sit (VS) 2:30 V!VAfit Balance (VS) 3:15 Afternoon Movie: The Beautiful Game (VP) 3:30 Happy Hour (PP)</p>
<p>5 CINCO DE MAYO 10:15 V!VAfit Fun (FD) 10:30 St. Josephine's Parish - Catholic Mass (VP) 11:15 V!VAfit Sit & Stand (VS) 11:15 V!VAfit Sit - Strength Class (VS) 2:30 Bingo (L) 4:00 Brain Games (FD) 6:30 The Crown - Season 3: Episode 6 (VP)</p>	<p>6 9:15 Poetry Corner (FD) 10:15 V!VAfit Fun (FD) 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Sit (VS) 2:30 V!VAfit Sit & Stand (VS) 3:00 Craft Class: Bookmarks (CK) 3:00 Afternoon Movie: "Hustle" (VP) 3:30 Happy Hour (PP) 4:15 Brain Games (FD) 6:30 Series: The Queens Gambit - Episode 1 (VP)</p>		<p>7 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit & Stand (VS) 2:00 Billiards & Shuffleboard (PP) 2:00 Scrabble Club (BG) 3:00 V!VALicious Meeting (VP) 3:30 Therapy Dog Visit (FD) 4:15 V!VAfit Fun (FD) 7:00 Board Games Club (PP) 7:00 Movie Night: "80 for Brady" (VP)</p>	<p>8 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit (VS) 11:30 Woodbine Casino \$ (L) 2:30 V!VAfit Sit - Strength Class (VS) 3:00 Cooking with Karli - Black Bean and Sweet Potato Patties (CK) 3:30 Happy Hour (PP) 4:00 Trivia (FD) 6:30 Bingo (L)</p>	<p>9 10:00 Meadowvale Town Centre \$ (L) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit & Stand (VS) 2:30 V!VAfit Sit (VS) 3:00 V!VAfit - Fun Swim (P) 3:00 Guest Presentation by Lianne Harris: "All Things Italy" (VP) 4:00 Knitting Club (BG) 4:15 Baking & Brain Games (FD) 7:00 Cards Club (PP)</p>	<p>10 9:15 Poetry Corner (FD) 10:15 V!VAfit Fun (FD) 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Sit - Strength Class (VS) 2:30 V!VAfit Combo (VS) 3:00 Mother's Day High Tea Celebration (PC) 3:00 Armchair Travel: Edinburgh (VP) 3:00 Armchair Travel: Edinburgh (FD) 7:00 Documentary Night: Harry & Meghan - Part 6 (VP)</p>
<p>12 MOTHER'S DAY 10:15 V!VAfit Fun (FD) 10:30 St. Josephine's Parish - Catholic Mass (VP) 11:15 V!VAfit Sit & Stand (VS) 11:15 V!VAfit Sit - Strength Class (VS) 2:30 Bingo (L) 4:00 Therapeutic Colouring (FD) 6:30 The Crown - Season 3: Episode 7 (VP)</p>	<p>13 9:15 Poetry Corner (FD) 10:15 V!VAfit Fun (FD) 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Sit (VS) 2:30 Zumba with Ariam (VS) 3:00 Afternoon Movie: "Dumplin'" (VP) 3:00 Craft Class: Popsicle Stick Wall Hangings (CK) 3:30 Happy Hour (PP) 4:15 Brain Games (FD) 6:30 Series: The Queens Gambit - Episode 2 (VP)</p>	<p>14 10:00 Vendor Sale: Cathy's Gifts & Jewelry (L) 10:15 V!VAfit Fun (FD) 10:30 Tai Chi with Lina (VS) 11:15 V!VAfit Sit & Stand (VS) 2:00 Billiards & Shuffleboard (PP) 2:00 Scrabble Club (BG) 2:30 Yoga with Natalie (VS) 2:30 V!VAfit Sit (VS) 4:00 Drum Fit Fun (FD) 7:00 Board Games Club (PP) 7:00 Movie Night: "The Martian" (VP)</p>	<p>15 9:30 Trip to Meadowvale Library (L) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit (VS) 11:30 Lunch at Plank Resto Bar \$ (L) 2:30 V!VAfit Sit - Strength Class (VS) 3:00 Baking with Karli- Lemon Delight (CK) 3:30 Happy Hour (PP) 4:00 Trivia (FD) 6:30 Bingo (L)</p>	<p>16 10:00 Erin Mills Town Centre \$ (L) 10:15 V!VAfit Fun (FD) 11:15 V!VAfit Sit & Stand (VS) 2:30 V!VAfit Sit (VS) 3:00 V!VAfit - Fun Swim (P) 3:00 Concierge Information Session (VP) 4:00 Knitting Club (BG) 4:15 Baking & Brain Games (FD) 7:00 Cards Club (PP)</p>	<p>17 10:15 V!VAfit Fun (FD) 10:30 V!VAfit Sit (VS) 11:15 V!VAfit Sit - Strength Class (VS) 2:30 V!VAfit Combo (VS) 3:00 Armchair Travel: Heart of England & South Wales (VP) 3:00 Armchair Travel: Heart of England & South Wales (FD) 3:30 Shuffleboard Celebration! (PP) 7:00 Documentary Night: NYAD (VP)</p>	<p>18 10:15 V!VAfit Fun (FD) 10:30 Anglican Church Service (988) 11:15 V!VAfit Sit (VS) 2:30 V!VAfit Balance (VS) 3:15 Afternoon Movie: Woody Woodpecker (VP) 3:30 Happy Hour (PP)</p>

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May 2024

V!VA Mississauga



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:15 V!VAfit Fun (FD) 19</p> <p>10:30 St. Josephine's Parish - Catholic Mass (VP)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>2:30 Bingo (L)</p> <p>4:00 Brain Games (FD)</p> <p>6:30 The Crown - Season 3: Episode 8 (VP)</p>	<p>VICTORIA DAY 20</p> <p>10:15 V!VAfit Fun (FD)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 V!VAfit Sit & Stand (VS)</p> <p>2:30 V!VAfit Aquafit with Bre & Karli (P)</p> <p>3:00 Afternoon Movie: Ever After (VP)</p> <p>3:30 Happy Hour (PP)</p> <p>4:15 Brain Games (FD)</p> <p>6:30 Series: The Queens Gambit - Episode 3 (VP)</p>	<p>10:15 V!VAfit Fun (FD) 21</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:00 Billiards & Shuffleboard (PP)</p> <p>2:00 Scrabble Club (BG)</p> <p>2:30 Baking with Soule & Dorothy: Baklava (CK)</p> <p>4:15 V!VAfit Fun (FD)</p> <p>7:00 Board Games Club (PP)</p> <p>7:00 Movie Night: "The Mask of Zorro" (VP)</p>	<p>10:15 V!VAfit Fun (FD) 22</p> <p>11:15 V!VAfit Sit (VS)</p> <p>11:30 Lunch at Trattoria Timone \$ (L)</p> <p>2:00 V!VAfit Sit - Strength Class (VS)</p> <p>3:00 Resident Council Meeting (VP)</p> <p>3:30 Happy Hour (PP)</p> <p>4:00 Trivia (FD)</p> <p>6:30 Bingo (L)</p>	<p>10:00 Brittney Glen Centre \$ (L) 23</p> <p>10:15 V!VAfit Fun (FD)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:00 Wine & Paint (CK)</p> <p>2:30 V!VAfit Sit (VS)</p> <p>3:00 V!VAfit - Fun Swim (P)</p> <p>4:00 Knitting Club (BG)</p> <p>4:15 Baking & Brain Games (FD)</p> <p>6:30 Guest Presentation by Shannon Graham: Vaudeville, Burlesque, and Freak Shows (VP)</p> <p>7:00 Cards Club (PP)</p>	<p>9:15 Poetry Corner (FD) 24</p> <p>10:15 V!VAfit Fun (FD)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>2:30 V!VAfit Combo (VS)</p> <p>3:00 Live Music by Tristan Alexander (PC)</p> <p>7:00 Documentary Night: Unknown - The Lost Pyramid (VP)</p>	<p>10:15 V!VAfit Fun (FD) 25</p> <p>10:30 Anglican Church Service (988)</p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 V!VAfit Balance (VS)</p> <p>3:15 Afternoon Movie: Only the Brave (VP)</p> <p>3:30 Happy Hour (PP)</p>
<p>10:15 V!VAfit Fun (FD) 26</p> <p>10:30 St. Josephine's Parish - Catholic Mass (VP)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>2:30 Bingo (L)</p> <p>4:00 Therapeutic Colouring (FD)</p> <p>6:30 The Crown - Season 3: Episode 9 (VP)</p>	<p>9:15 Poetry Corner (FD) 27</p> <p>10:15 V!VAfit Fun (FD)</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:15 V!VAfit Sit (VS)</p> <p>2:30 Zumba with Ariam (VS)</p> <p>3:00 New Community Member Social (PP)</p> <p>3:00 Afternoon Movie: Cocoon (VP)</p> <p>3:30 Happy Hour (PP)</p> <p>4:15 Brain Games (FD)</p> <p>6:30 Series: The Queens Gambit - Episode 4 (VP)</p>	<p>10:15 V!VAfit Fun (FD) 28</p> <p>10:30 Tai Chi with Lina (VS)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:00 Billiards & Shuffleboard (PP)</p> <p>2:00 Scrabble Club (BG)</p> <p>2:30 Yoga with Natalie (VS)</p> <p>2:30 V!VAfit Sit (VS)</p> <p>4:00 Drum Fit Fun (FD)</p> <p>7:00 Board Games Club (PP)</p> <p>7:00 Movie Night: "Ford vs. Ferrari" (VP)</p>	<p>9:30 Trip to Terra Greenhouses \$ (L) 29</p> <p>10:15 V!VAfit Fun (FD)</p> <p>11:15 V!VAfit Sit (VS)</p> <p>11:30 Lunch at Cynthia's \$ (L)</p> <p>2:30 V!VAfit Sit - Strength Class (VS)</p> <p>3:00 Monthly Birthday Party with Kelly (PC)</p> <p>6:30 Bingo (L)</p>	<p>10:00 Loblaws & Shopper's Glen Erin \$ (L) 30</p> <p>10:15 V!VAfit Fun (FD)</p> <p>11:15 V!VAfit Sit & Stand (VS)</p> <p>2:30 V!VAfit Sit (VS)</p> <p>3:00 V!VAfit - Fun Swim (P)</p> <p>4:00 Knitting Club (BG)</p> <p>4:15 Baking & Brain Games (FD)</p> <p>7:00 Cards Club (PP)</p>	<p>10:15 V!VAfit Fun (FD) 31</p> <p>10:30 V!VAfit Sit (VS)</p> <p>11:15 V!VAfit Sit - Strength Class (VS)</p> <p>11:30 Lunch at The Keg \$ (L)</p> <p>2:30 V!VAfit Balance (VS)</p> <p>3:00 Armchair Travel: European Festivals (VP)</p> <p>3:00 Armchair Travel: European Festivals (FD)</p> <p>7:00 Documentary Night: Kiss the Ground (VP)</p>	<p>Orange Fitness Class</p> <p>Purple Special Event</p> <p>Green Excursion</p> <p>✓ Sign Up</p> <p>🚌 Shuttle</p> <p>\$ Cost required</p> <p>➡ Walking</p>



PRESENTATION BY LIANNE HARRIS: "ALL THINGS ITALY"
 Thursday, May 9
 3:00pm - 4:00pm
 V!VAplex

From the Coliseum to cappuccino, from macaroni to the Mona Lisa, from Florence to the Ferrari, let us explore all things about Italy, its place in history, and its ever-reaching influence on us today.

MOTHER'S DAY HIGH TEA
 Friday, May 10
 3:00pm - 4:00pm
 Perks! Cafe

Time to celebrate the wonderful mother's and women at V!VA Mississauga, with high tea and live music!

GUEST PRESENTATION: VAUDEVILLE, BURLESQUE & FREAK SHOWS, OH MY!
 Thursday, May 23
 6:30pm - 7:30pm
 V!VAplex

Presenter Shannon Graham, traces back to the USA's earliest entertainment genre: Vaudeville, discussing the the biggest stars to come out of Vaudeville including Sophie Tucker, Charlie Chaplin, and Houdini

NEW COMMUNITY MEMBER SOCIAL
 Monday, May 27
 3:00pm - 4:00pm
 Pints! Pub

Welcome all new community members to an intimate social in Pints! Pub, where you'll have a chance to meet community members and learn more about life at V!VA